



## What Projects Can I Take Part in?

- Arts & Crafts
- Cavy (Guinea Pig)
  - Community Service
  - Citizenship
  - Conservation/Earth Science
  - Cooking
- Dance
- Dog Obedience
- Fine Arts
- Food & Nutrition
- Gardening
- Horse
  - Indian Culture
  - Livestock (Goats, Sheep, Dairy)
  - Leadership
  - Pet Therapy
- Poultry
- Public Speaking
- Rabbits
- Remote Control Cars
- Reptiles
- Sewing
  - Shooting Sports/Archery
  - Small Animal



*And More!!*

## How do I Join 4-H?

Call the Middlesex County  
4-H Office and ask for more  
information!

**(732) 398-5261**



### Rutgers Cooperative Extension of Middlesex County

42 Riva Avenue  
Davidson's Mill Pond Park  
North Brunswick, NJ 08902  
[www.co.middlesex.nj.us](http://www.co.middlesex.nj.us)

Laura K. Bovitz: County 4-H Agent  
Dave Donegan: 4-H Program Assistant  
Victoria Parker: 4-H Secretary



**RUTGERS**

New Jersey Agricultural  
Experiment Station



**JOIN IN THE FUN  
OF MIDDLESEX  
COUNTY 4-H!**



For Friends...  
For Fun...  
For Everyone...

**4-H!**



## What is 4-H?

- A program that gives youth a chance to explore their own interests and abilities
- A way to meet new friends and learn to work in a group
- A program that helps to build self-confidence and self-esteem
- A place to learn “skills for life”
- A place to develop leadership skills
- A program that encourages youth to become involved in serving their community
- A place to earn recognition and awards for **success** and participation.



4-H Motto:  
**To Make the Best Better!**

## How Does it Work?

- 4-H members belong to clubs which focus on one or more project areas. Available project areas are listed on the back of this flyer.
- Clubs are led by adult volunteer leaders and are supervised by county 4-H staff.

4-Hers can take part in many county & state 4-H events, such as...

- Workshops & Clinics
- Animal Shows
- County 4-H Fair
- Weekend Camping Programs
- Field Trips & Social Events
- Community Service
- Favorite Foods Festival
- Public Speaking Events
- County Awards Program
- Overnight & Day Camps
- Club Officer Training



## Who Can Be in 4-H?

**EVERYONE!**



- 4-H educational programs and club memberships are available To youth in grades K-13, on a grade appropriate basis
- Adults can become involved as 4-H club or 4-H program volunteers

Membership is open to all regardless of race, color, national origin, sex, disability or handicap.